

**AUGUSTA RECREATION AND PARKS DEPARTMENT  
2017 YOUTH FLAG FOOTBALL RULES**

**A. AGE REQUIREMENTS:**

Flag Football League is for 7 to 8 years of age. Must be 7 prior to October 1<sup>st</sup>. Can not be 9 prior to October 1<sup>st</sup>.

**B. UNIFORMS & EQUIPMENT:**

1. All flag football uniforms and equipment will be furnished by the recreation department and must be worn in all games. Participants must provide their own footwear. **NO METAL CLEATS ALLOWED!**
2. All players must wear mouth protectors during ALL GAMES AND PRACTICES. Any player found not wearing mouth protection will be removed from play and the team will be penalized five (5) yards. **THIS INCLUDES QUARTERBACKS!**
3. Flag belts will be provided by the recreation department prior to each game and should be turned in to the athletic coordinator after each game or practice.

**C. THE BASICS OF FLAG FOOTBALL:**

1. A coin toss prior to the game will determine the first possession.
2. The offensive team takes possession of the ball on their five (5) yard line and has three (3) plays to cross the mid-field line for a first down. Once a team crosses mid-field, the team has three (3) plays to score a touchdown. If the offense fails to cross mid-field and/or fails to score a touchdown, possession of the ball changes and the opposition will start its drive from its five (5) yard line. **ALL POSSESSION CHANGES START ON THE OFFENSE'S FIVE (5) YARD LINE.**
3. Teams will change sides after the first twenty (20) minutes of the game. The game will consist of a Forty (40) minute running clock kept on the field by the official. Time will stop only for a brief half time intermission. Possession to start the second half will automatically go to the loser of the coin toss at the beginning of the game.

**D. PLAYERS & PARTICIPATION:**

1. Teams must field a minimum of SEVEN (7) players at all times. Team rosters will consist of twelve (12) players.
2. All players on the roster must play a minimum of ten (10) minutes of the first half of play and ten (10) minutes of the second half of play. Please keep in mind, this league is instructional and has been organized to help teach the basics of football.

**E. TIMING:**

1. Games are played to Forty (40) minute running clock. Two Twenty (20) minute halves with a ten (10) minute half time intermission.
2. Each time the ball is spotted by the official, a team will have Thirty (30) seconds to snap the ball. Teams will receive one warning before a delay-of-game penalty is enforced.
3. Each team has one Sixty (60) second time out and one Thirty (30) second time out during each half. Time outs not used in the first half will not carry over to the second half.

**F. SCORING:**

1. Touchdowns are Six (6) points
2. Extra Points will be played from the five (5) yard line and are One (1) point.
3. Safety will equal 2 points.

**G. RUNNING:**

1. The Quarterback **cannot** run the ball. Only direct handoffs behind the line of scrimmage are permitted as well as a forward pass. Offense may use multiple handoffs behind the line of scrimmage.
2. A player who takes a hand off can throw a forward pass from behind the line of scrimmage.
3. Once the ball is handed off, all defensive players will be eligible to rush.
4. Players with the ball **cannot** leave their feet or hand guard to avoid the defense from pulling their flag off.
5. The ball will be spotted where the ball carrier's feet are when the flag is pulled, not where the ball is.
6. ABSOLUTELY NO LATERALS OR PITCHES OF ANY KIND ARE ALLOWED!

**H. RECEIVING:**

1. All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
2. Only one player is allowed in motion at a time.
3. A player must have at least one (1) foot in bounds when making a reception.

**I. PASSING:**

1. Shovel passes are allowed.
2. Interceptions will change possession and the opposition will start at their own five (5) yard line.

**J. DEAD BALL:**

1. The ball can be snapped between the legs or out to the side to put the ball in play.
2. Substitutions may be made on any dead ball.
3. Play is ruled "dead" when:
  - Ball carrier's flag is pulled
  - Ball carrier steps out of bounds
  - Touchdown or safety is scored
  - At the point of an interception (ball is placed at the five (5) yard line.
  - Ball carrier's knee hits the ground
  - Ball carrier's flag falls off
4. Please note that there are **no fumbles**. The ball is spotted where the ball hits the ground and **cannot** be fumbled forward to gain an advantage.

**K. RUSHING THE QUARTERBACK:**

1. All players who rush the passer must be a minimum of Seven (7) yards from the line of scrimmage when the ball is snapped and line up with the on-field official. All other players not rushing the quarterback may defend on the line of scrimmage. (Example: Cornerbacks covering the wide receivers can line up on the line of scrimmage but not rush the passer)
2. Once the ball is handed off, the seven yard rule no longer is in effect, and all defenders may go behind the line of scrimmage.
3. The on-field referee or official will designate seven yards from the line of scrimmage for eligible pass rushers.
4. **REMEMBER.....NO BLOCKING OR TACKLING IS ALLOWED!**

**L. SPORTSMANSHIP / ROUGHING**

1. If the official witnesses any acts of tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game.
2. Trash talking is illegal. Officials have the right to determine offensive language. Trash talking is talk that may be offensive to officials, opposing players, teams, or spectators. If trash talking occurs, the official will give one warning. If it continues, the player or players will be ejected from the game.

**M. PENALTIES:**

1. Defensive Penalties:

Offside:	Five (5) yards and automatic first down
Interference:	Ten (10) yards and automatic first down
Illegal Contact:	Ten (10) yards and automatic first down ( <i>Example: Holding, blocking, and pushing</i> )
Illegal Flag Pull:	Ten (10) yards and automatic first down ( <i>Example: Pulling flag before receiver has the ball, diving for flag, or leaving your feet to pull a flag</i> )
Illegal Rushing:	Ten (10) yards and automatic first down ( <i>Example: starting rush from inside 7 yards line of scrimmage</i> )

2. Offensive Penalties:

Illegal Motion:	Five (5) yards and loss of down ( <i>Example: more than one person moving, false start, etc</i> )
Illegal Forward Pass:	Five (5) yards and loss of down ( <i>Example: Pass thrown beyond the line of scrimmage</i> )
Pass Interference:	Ten (10) yards and loss of down ( <i>Example: Illegal pick play, pushing off defender</i> )
Flag Guarding:	Ten (10) yards and loss of down from line of scrimmage.
Delay of Game:	Clock stops, Ten (10) yards and loss of down.

3. Only team coaches may ask referee or official questions about rule clarification and interpretations. Players cannot question judgment calls.
4. Referees or Officials determine incidental contact that may result from normal run of play. All penalties will be assessed from the line of scrimmage.
5. Game cannot end on a defensive penalty, unless the offense declines the penalty.

**N. INSURANCE:**

1. All players must be covered by private or county insurance. If you don't have private insurance, you must purchase it from the Recreation Department's insurance carrier.
2. All injuries requiring insurance claims must be reported to the Recreation Department before they can resume play or practice.

**O. POLICIES:**

1. Practice sessions are limited to one hour and a half from scheduled starting time.
2. All teams must finish practice no later than 8:00 pm.
3. Saturday practices are allowed but not recommended. **NO SUNDAY PRACTICE!**
4. Players who miss practice without a valid excuse cannot expect to play as much as players who attend all practices. Any player missing two consecutive practices and/or games must be reported to the Recreation Department and if not properly excused, could be dismissed from the team. If a player had to miss practice, it is their responsibility to notify the coach. It is the coach's responsibility to call the player to inquire about an absence.
5. In case of disciplinary problems, it is the coach's responsibility to notify the Recreation Department by 4:00 pm on game day. The Recreation Department must clear all disciplinary actions.
6. No coach may penalize, discipline, or dismiss players from the team without first reporting problems to the Recreation Department and without permission from the Athletic Coordinator in your district.
7. Coach's are not allowed to physically touch players for disciplinary reason at any time. Violations could result in the dismissal of the coach.
8. Foul language of any kind could result in either being suspended from coaching or in the case of a spectator, be asked to leave the playing area for the remainder of the game.
9. **NO TOBACCO PRODUCTS ALLOWED ON PLAYING FIELD OR SIDELINES!**
10. All head and neck exercises are considered dangerous and could result in damage to the participant. These exercises are strictly prohibited and could result in the suspension of the coach.
11. The Recreation Department reserves the right to alter the above written rules and regulations in order to best serve the interest of the overall program.

**P. SPECIAL RULES:**

1. Head Coach is entitled to have his or her child on the team automatically.
2. Head Coach is allowed two (2) assistant coaches during the season but may only designate one (1) for player selection purposes.
3. One designated coach will be allowed on the field during play for instruction purposes.
4. The designated assistant must be approved before team selection.
5. Designated coaches must regularly attend practices and games.
6. All coaches must fill out coach's application and background checks application and be approved before being allowed to coach.
7. Coaches can have returning players provided the participant made it known at registration time and is in the same age group.

**Q. BLOOD RULE:**

1. A player, coach, or official who is bleeding or who has blood on the uniform shall be prohibited from participating further in the game until appropriate treatment can be administered. If medical care or treatment is administered in a reasonable length of time, the individual will not have to leave the game. The length of time considered reasonable is left up to the official's judgment
2. The Official Shall:
  - A. Stop the game and allow treatment if the injured player would affect the continuation of the game.
  - B. Immediately call a coach, trainer, or other authorized personnel to the injured player.
  - C. Apply the rules of the game regarding substitutions, short hand rule, and re-entry rule if necessary.

**R. SPECIAL REQUEST:**

1. Special request for league changes will be considered and ruled on by the Recreation Department prior to the start of each sport. Any questions about the program should be directed to the Athletic Coordinator in your area or district.

**NOTE: EACH COACH IS RESPONSIBLE FOR COVERING THESE RULES AND REGULATIONS WITH THEIR PLAYERS!**

**NOTE: The Recreation Department reserves the right to act upon any matter not covered in the written rules and regulations.**

**NOTE: The Recreation Department has the authority to remove any coach, player, or spectator at any time for breaking rules or regulations.**

## **ATHLETIC COORDINATORS**

**West Augusta:**

Tammy Branham 821-2800  
Ken Warner 821-2801

**East Augusta:**

Bo Harrison 724-0505

**South Augusta:**

Donnell Conley 796-5047  
Wayne Ivey 796-5047  
Josh Kornaus 796-5047

**Athletic Manager:**

Bobby Martin 796-5025

**Deputy Director of Recreation**

Joanie Adams 706-796-5025

**Recreation Director**

H. Glenn Parker 706-796-5025

## FLAG FOOTBALL POSITION DIAGRAM

Safety

O

Safety

O

Rusher

Referee

Rusher

O

R

O

(7 Yard Rush Line)

Corner Back

O

Corner Back

O

Corner Back

O

X

Wide Receiver

X

Center

X

Wide Receiver

X

Flanker

X

Quarter Back

X

Running Back

X

Running Back



**#playAUGUSTA**

